



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

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## **Preventing Birth Defects**

Birth defects are abnormal conditions that happen before or at the time of birth. Some are mild—like an extra finger or toe. Some are very serious—like a heart defect. They can cause physical, mental, or medical problems. Some are caused by genetic factors. Others are caused by certain drugs, medicines or chemicals. But the causes of most birth defects are still a mystery.

### **How Serious are Birth Defects?**

About 120,000 babies in the U.S. each year have birth defects.

Birth defects are the leading cause of death in children less than one year of age—causing one in every five deaths.

18 babies die each day in the U.S. as a result of a birth defect.



Not all birth defects can be prevented. The good news is that new ways of preventing and treating birth defects are being found.

A woman can increase her own chance of having a healthy baby by following the steps below:

Take a vitamin with 400 micrograms (mcg) folic acid every day

Do not use alcohol, tobacco, or street drugs.

Wash hands often with soap and water to prevent infections.

Talk with the health care professional about any medical problems and medicine use (both prescription and over-the-counter).

Eat a healthy, balanced diet.

Avoid unpasteurized (raw) milk and foods made from it.

Avoid eating raw or under cooked meat.

Get early prenatal care and go to every appointment.

Avoid any substances at work or at home that might be harmful to a developing baby

For more information:

Centers for Disease Control and Prevention (CDC) 1-800-232-4636 or visit their website:

[www.cdc.gov/pregnancy](http://www.cdc.gov/pregnancy) or March of Dimes [www.marchofdimes.com](http://www.marchofdimes.com)

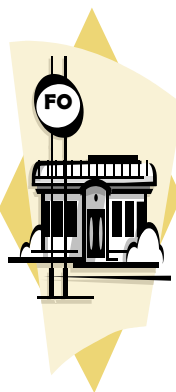
*The mission of the Grant County Health Department is to  
promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhfs.wisconsin.gov](http://www.dhfs.wisconsin.gov/immunization) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

## Eating Healthy Away From Home

Many popular menu items have more fat, sugar, sodium and calories than meals typically served at home. It can be hard to avoid consuming too many calories when eating out with family and friends.



Make healthier choices when eating out:

- **Ask** for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- **Start** your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- **Choose** main dishes that include vegetables, such as stir fry or pasta with a tomato sauce.
- **Order** steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- **Ask** for whole-wheat bread for sandwiches.
- **Ask** for salad dressing to be served on the side. Then use only as much as you want.
- **Choose** a *small* or *medium* portion. This includes main dishes, side dishes, and beverages.
- **Order** an item from the menu instead of heading for the *all-you-can-eat* buffet.

For more information on eating healthy away from home, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) or <http://fyi.uwex.edu/foodsense/> or contact the UW-Extension's Nutrition Education Program at 723-2125.

Source: *United States Department of Agriculture*



## WIC & Health Check Clinics

(Immunizations given at all these clinics)

**Jan 2nd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jan 8th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Jan 14th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Jan 15th**—Late Boscobel Tuffley Center from 2:00pm to 7:00pm

**Jan 16th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jan 21st**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Jan 22nd**—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

**Jan 23rd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jan 28th**—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

## Weather Cancellations

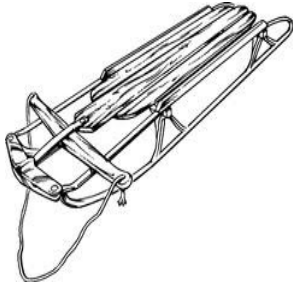
If the weather or road conditions are bad, the Grant County Health Department may decide to cancel WIC clinics. The stations used by the Health Department are:

WGLR 97.7 FM or 1280 AM  
WPVL 107.1 FM or 1590 AM  
WRCO 100.9 FM

In general, we will cancel a WIC clinic if the school in that town cancels school for the day. We will have the clinic if school is delayed. If in doubt, you can call the Grant County Health Department at 723-6416.

## Play it Safe While Sledding

Sledding is a great way to have fun in the winter, but play it safe. Below are some safety tips to consider.



- ◆ Choose hills with a gentle slope and long run off area, avoid steep or ice covered hills and areas near natural waters such as lakes and ponds.
- ◆ Ride sitting and facing forward (going down head first increases the chance of head and spinal injuries)
- ◆ Avoid "jumps" that send a slider airborne
- ◆ All children should wear a helmet
- ◆ Wear warm clothing – including heavy gloves and boots
- ◆ Make sure children know how to stop their sled or make a sharp turn by dragging their feet.
- ◆ If your sled won't stop or if you are out of control, roll off your sled and onto the ground. Don't worry about your sled after you roll off. You can get it back after it stops sliding.
- ◆ Make sure the sled is in good condition and isn't broken.
- ◆ Children should only go sledding when an adult is present.
- ◆ Never sled ride in unsafe areas like the street, driveways, rocky hills or near a cliff, river, pond or other water
- ◆ Never ride into a snow bank – the snow may hide a tree stump or rocks.
- ◆ Use sleds that you can steer
- ◆ Never ride a sled that is being pulled by a moving vehicle
- ◆ Avoid wearing scarves or any clothing that can get caught in a sled and pose a risk of strangulation.

## HPV Vaccine Prevents Cervical Cancer

Each year in the U.S. approximately 12,000 women are diagnosed with cervical cancer, and more than 4,000 die as a result. The good news is that there is a vaccine to prevent infection with the human papillomavirus (HPV), which causes cervical cancer.

Two vaccines are available to prevent the HPV types that cause most cervical cancers. These vaccines are Cervarix and Gardasil. One of the HPV vaccines, Gardasil, also prevents HPV types that cause most genital warts. Both vaccines are given in 3 shots over 6 months.

### Who should receive HPV vaccination?

HPV vaccination is recommended with either vaccine for 11 and 12 year-old girls. It is also recommended for girls and women age 13 through 26 years of age who have not yet been vaccinated.

HPV vaccination is recommended with Gardasil for 11 and 12 year-old boys. Vaccination is recommended for males aged 13 through 21 years who have not already been vaccinated.

### How safe are the HPV vaccines?

Both vaccines have been licensed by the Food and Drug Administration (FDA). The Center for Disease Control and Prevention (CDC) has approved these vaccines as safe and effective. Both vaccines were studied in thousands of people around the world, and these studies showed no serious safety concerns. Fainting, which can occur after any medical procedure, has been noted after HPV vaccination.

### Is HPV vaccine covered by insurance plans?

Most health insurance plans cover the cost of vaccines, but check with your insurance provider before going to the doctor. If you have BadgerCare, or do not have insurance, or if your insurance does not cover vaccines, the vaccine is available free through the Grant County Health Department.

Source: Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov)



# Free Radon Test Kits Available

Americans spend about 90% of their time indoors, but indoor air is not always as safe as it may seem. One of the most serious health hazards found in indoor air is completely invisible. It is an odorless, colorless gas called radon. This gas is the second leading cause of lung cancer and is responsible for up to 30,000 lung cancer deaths each year.

Radon occurs naturally in the soil and accumulates in homes especially during the winter months. High radon levels have been found in every state and in every type of house. In Southwest Wisconsin, past testing has shown that in some areas 30% of homes have elevated radon levels. Making repairs to eliminate radon gas can be simple and affordable. A typical radon problem can be solved for less than \$1,500.

Testing is the only way to know what the radon level is in your home. Test kits are available free of charge at the Grant County Health Department, 111 South Jefferson Street, Lancaster, WI. For more information, contact the Grant County Health Department at (608) 723-6416.



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